

Self Management Unit Lesson 2:

Be Kind to Your Mind with Professor Feathersnooze

CASEL Standards:

Self-Management - The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

Academic Standards:

Pre-Kindergarten School Readiness Goals:

Students will focus on the following general early education and pre-kindergarten instruction and school readiness focus areas:

Communication with others.

Identifying emotions.

Using images and language to communicate emotions.

Objective:

Recognize behaviors that help to manage emotions at home and at school.

Represent behaviors that help manage emotions in images and writing.

Essential Questions:

What can I do to stay calm at home and at school?

How can I remind myself how to stay calm?

I Can:

I can be still, breathe, and listen to stay calm.

I can remind myself about how to stay calm by writing and drawing about it.



Mindful Teaching Tips

Give students the opportunity to practice mindfulness:

Encourage the children to find their own space and make their body comfortable. Remind students that each person's space is their own and everyone should be in their own space during mindfulness.

Play quiet, soothing music as a positive incentive to focus in the classroom. Include a small fountain in class, or play soothing water sounds, if this is practical for your setting.

Teaching Transcript

Before You Listen

Remind students of what they learned in the previous self management lesson about becoming calm. Remind students of the ways they can calm down: by being still, breathing slowly and quietly, and by listening to the sounds around them.

Today Dr. Feathersnooze will teach us more ways to be calm. Listen for these ways to stay calm because we will be creating artwork about them after we listen.

(Play the audio track from 7:12 to the end.)

After You Listen

Let's answer these questions about the story:

What is another way to stay calm and be kind to your mind?

Think of more ways to stay calm.

(Teachers: write down this student-generated list. Invite students to choose their favorite way to stay calm and be kind to their mind at school. You can use these sentence starters to give students to write about being calm at school. As with the other Moshi Pre-K units, these pictures and sentences can be gathered into a class book. Students can read it during independent reading, or review it when necessary.)



Write and Draw about Being Calm at School

When I am at school, I can be calm by:

When I am at school, I can be kind to my mind by:

Take Home Activity

Social-Emotional Learning Update

Our class is learning about being calm. Ask your child about some ways to stay calm at school, and 'be kind to their mind' when they need to relax, or are feeling upset. Invite your child to write and draw about staying calm at home.

Write and Draw about Being Kind to Your Mind at Home

When I am at home, I can be calm by:

When I am at home, I can be kind to my mind by:

Weekly Theme Card

Professor Feathersnooze feels super calm and relaxed when he is kind to his mind.

Take some time each day to sit down, relax, and be kind to your mind.

Remember the ways you can keep calm at school and at home.

You can help others to stay calm by telling them how to be kind to their minds

Be kind to your mind by being still, breathing, and listening to the sounds around you.

